

## Preparation for Pouchoscopy

CoLyte (pineapple flavor) or PegLyte (fruit flavor)

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

A clean bowel is essential for the success and safety of your pouchoscopy. Your appointment will be cancelled if the following instructions are not followed and proper bowel preparation is less than adequate.

### IMPORTANT DIETARY AND MEDICATION RESTRICTIONS

- If you are taking Metamucil or iron, stop them at least one week before your examination.
- Do NOT eat seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.
- If you take blood thinners such as warfarin (Coumadin), low molecular weight heparin (e.g. Fragmin or Lovenox) or Plavix, discuss with your prescribing specialist or family doctor if these medications can be safely stopped one week prior to your examination.
- If you are diabetic, you must speak with **your family physician** about insulin or oral hypoglycemic agent use on the day of your procedure.

### ONE DAY PRIOR TO THE PROCEDURE

1. Starting at noon, have clear fluids only.  
Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
2. At 6:00 p.m., take 20 mg of domperidone (Motilium)
3. At 8:00 p.m., start drinking 2 liters of slightly chilled CoLyte or PegLyte. It is best to drink 8 ounces every 10-15 minutes until the 2 liters are finished.

### THE DAY OF THE PROCEDURE

1. In the morning take your medications with a sip of water.
2. Have clear fluids ONLY up to 2 hours prior to your appointment.  
Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.